

広報とうかい 3/25 号

1. 4月の休日診療
2. 4月の健康相談
3. 集団検診（6・7月）の予約を受け付けます
4. みんなですこやかウォーキング
5. チャレンジスクール「弓道の部」参加者募集
6. SC スマイル TOKAI「雪入山ハイキング」

Tokai Newsletter 25 Mar. 2026

1. Weekend Medical Services in Apr.
2. Health Checks and Consultations in Apr.
3. Health Checks for Residents in Jun. & Jul.
4. Healthy Walking Group
5. Kyudo (Japanese archery) Class
6. Hiking Tour to Mt. Yukiiri

1. Weekend Medical Services in Apr.

Hours: 9:00 a.m. - noon

Sun. 5: Tokai Hospital, ph.029-282-2188

Sun. 12: Ogata Clinic, ph.029-282-4781

Sun. 19: Higashihara Clinic, ph.029-283-2301

Sun. 26: Ibarakihigashi National Hospital, ph.029-282-1151

Wed. 29: Tokai Hospital, ph.029-282-2188

Ibaraki Children Emergency Information Helpline, ph. #8000 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

2. Health Checks and Consultations in Apr.

(1) Health Consultation for Mothers and Children

Date: Fri. 10 Apr.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) "Genki-up" Health Consultation for Adults

Date: Fri. 10 Apr.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Children - aged 1 year and 6 months old (babies born in Sep. 2024)

Date: Fri. 17 Apr.

Time: 12:50 p.m. - 1:20 p.m.

2) Children - aged 3 years old (babies born in Oct. 2022)

Date: Wed. 8 Apr.

Time: 12:50 p.m. - 1:20 p.m.

3) Children - aged 5 years old (babies born in Apr. 2021)

Date: Wed. 15 Apr.

Time: 12:30 p.m. - 12:45 p.m.

14:00 p.m. - 14:15 p.m.

(4) Baby Class for babies born in Aug. 2023

Date: Wed. 22 Apr.

Time: 9:30 a.m. - 9:50 a.m.

(5) Dental Checkup Class for babies born in Sep., Oct., Nov. & Dec. 2025

Date: Thu. 16 Apr. (Born in Sep. & Oct.)

Wed. 22 Apr. (Born in Nov. & Dec.)

Time: 1:15 p.m. - 1:30 p.m.

Place: Tokai Health Center in Tokai Welfare Center "Kizuna"

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Health Checks for Residents in Jun. & Jul.

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below. The health checks will be held only by reservation.

Residents' health checks will be conducted in Jun., Jul., Oct. and Jan. You will first make an appointment online or by phone and receive the ticket and necessary materials one week before the appointment.

Schedule for all screenings

Dates for Jun.: Mon. 8, Tue. 9, Wed.10, Thu.11, Sat.13, Mon.15, Thu. 25, Fri. 26, Sat. 27

Dates for Jul.: Tue. 7, Wed. 8, *Tue.14, Fri. 24, Sat. 25, Tue. 28, Wed. 29, Thu. 30

*Tue. 14 Jul. is scheduled for all screenings except stomach cancer screening.

Reception Time:

①8:00 a.m. – 8:15 a.m. ②8:30 a.m. – 8:45 a.m. ③9:00 a.m. – 9:15 a.m.

④9:30 a.m. – 9:45 a.m. ⑤10:00 a.m. – 10:15 a.m. ⑥10:30 a.m. – 10:45 a.m.

⑦11:00 a.m. – 11:15 a.m. ⑧11:30 a.m. – 11:45 a.m.

Place: Tokai Health Center

Cost: Free

Reservation: You can reserve either by phone or online.

Phone: Health Check Call Center, ph. 0570-011-822

Call between 9:00 a.m. and 5:00 p.m. on Mon. 27, Tue. 28, Thu. 30 Apr. and Fri. 1 May.

Online: <https://www.kenko-link.org/>

Online reservations are available 24 hours a day between Wed. 22 Apr. and Fri. 1 May.

*If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Thu. 7 May.

Inquiries:

About specific health checkups and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1171, 1175

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

4. Healthy Walking Group

A one-hour walking course around “Funaba Inari Shrine and Kinrin Park”.

Date: Fri. 3 Apr. (Canceled in case of rain)

Time: 9:30 a.m. - 11:30 a.m. (Registration starts at 9:00 a.m.)

Meeting place: Funaishikawa Community Center

Eligible People: Tokai Village residents

Other: No reservation required. Bring a drink, a towel, and wear comfortable clothes.

Inquiries: Tokai Health Center, ph. 029-282-2797

For details, see:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/fukushibu/kenkozoshinka/2/1/2/1490.html>

5. Kyudo (Japanese archery) Class

A series of 10 classes will be offered.

Dates: Saturdays; 16, 23 May, 6, 13, 20 Jun.

Sundays; 17, 24 May, 7, 14, 21 Jun.

Time: 4:15 p.m. - 6:15 p.m.

Place: Tokai Gymnasium

Eligible people: Junior high school students or older who either live, work or go to school in Tokai Village (including family living together).

Capacity: 30 people (minimum number is 15 in total)

Cost: 2,000 yen per person

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Tue. 31 Mar. to Wed. 6 May.

Tokai Gymnasium, ph. 029-283-0673

6. Hiking Tour to Mt.Yukiiri

Date: Sat. 25 Apr.

Time: Meeting at Fureaino-mori Park at 7:50 a.m.

Departure time: 8:00 a.m.

Place: Mt. Yukiiri in Kasumigaura city

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above.

Capacity: 15 people

Cost: 5,000 yen for Smile Tokai members, 6,000 yen per person who lives together with a Smile Tokai member, 7,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 4 to Wed. 22 Apr. (except Mon.)

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001